

An underlying component of
Occupational Assessment:
Family/Person-centred Practice
(F/P-cP)

Informing Self and Others

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Step 3 Occupational Assessment

- The main purpose of assessing, whether using Standardised or non-standardised assessments is to achieve:
Family/Person-centred Goals & Practice
(F/P-cP).
- This is an underlying principle that influences occupational assessment regardless of the process or the context.

Step 3 Occupational Assessment

- Whether assessing with standardised instruments or not of assessments it is important to achieve **mutual understanding** between the Occupational Therapist and the Person/Family/client about the information gathered from the occupational assessment.
- This is the first step in achieving F/P-cP/

The first step in achieving F/P-cP: Mutual Understanding

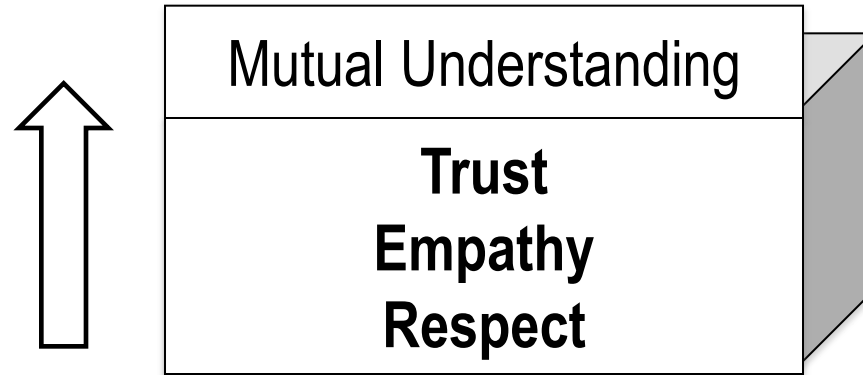
- This essential requirement of Occupational Therapy practice has three elements.



The first step in achieving F/P-cP: Mutual Understanding

- It is built upon **respect**, which is unconditional positive regard of all people, whether the Person/client, their family/friends, colleagues or employers
- It requires demonstrations of **empathy** that empowers the Family/Person.
- It requires **trust** which develop from the above.

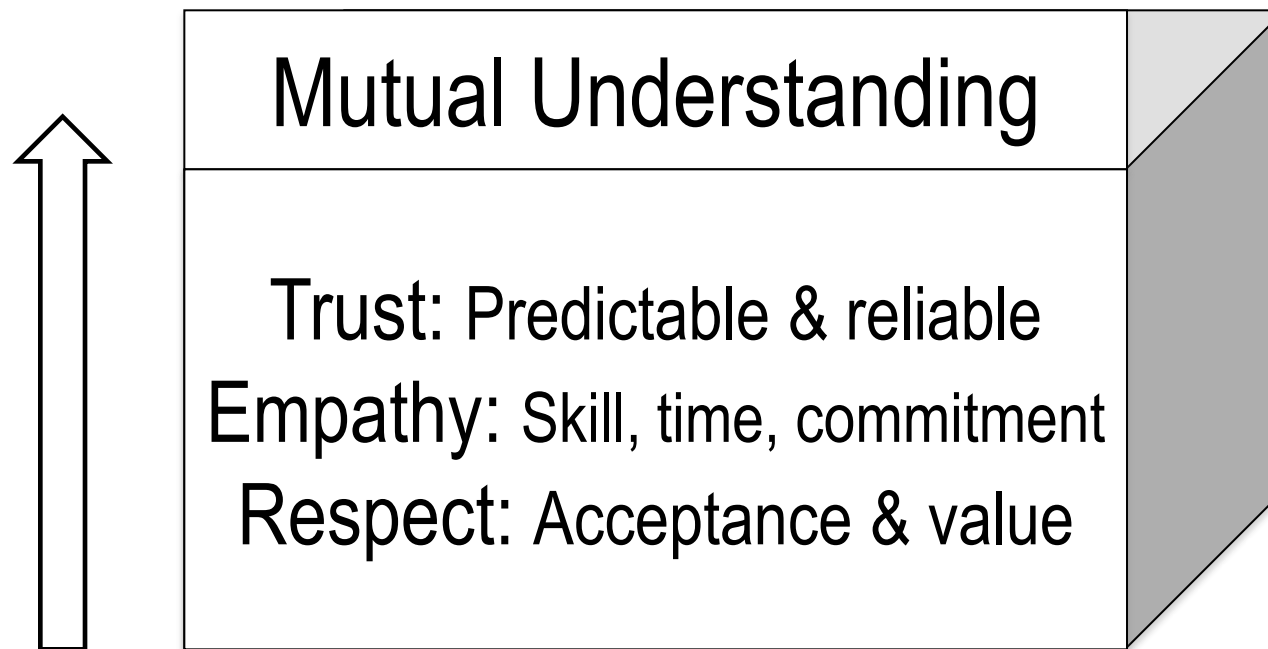




- **Respect** offers acceptance and values the Family/Person
- **Empathy** requires skill, time and commitment to Family/Person-centred practice
- **Trust** develops because of respect and empathy and requires the therapist to be predictable and reliable.

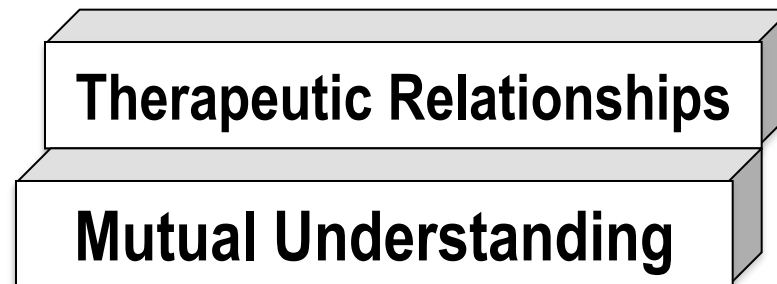
The aim of Occupational Assessment: Family/Person-centred Goals & Practice

- STEP ONE in this model



The aim of Occupational Assessment: Family/Person-centred Goals & Practice

- Step One: Mutual Understanding facilitates creation of Step Two



- A **Therapeutic Relationship** is essential in the practice process and develops from **mutual understanding**.

The aim of Occupational Assessment: Family/Person-centred Goals & Practice

Step Two

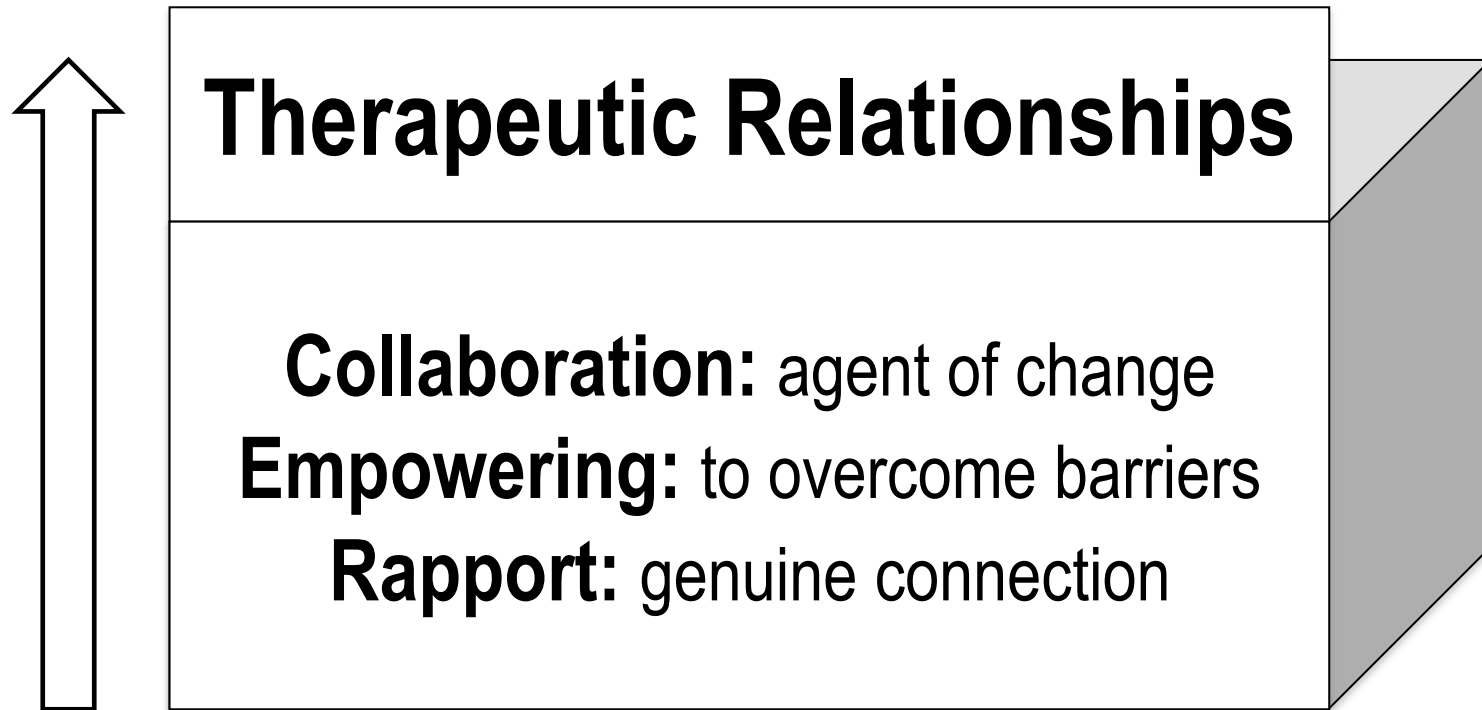
The characteristics of, step two, include:



Therapeutic Relationships

- **Rapport** or a genuine **connection** (Step 1);
- **Empowering** the person to **overcome barriers** and achieve their goals
- **Collaboration** in all areas of practice to **facilitate change** so they can achieve Goals

The aim of Occupational Assessment: Family/Person-centred Goals & Practice



The aim of Occupational Assessment: Family/Person-centred Goals & Practice

- The first two steps



The aim of Occupational Assessment: Family/Person-centred Goals & Practice THE FINAL STEP

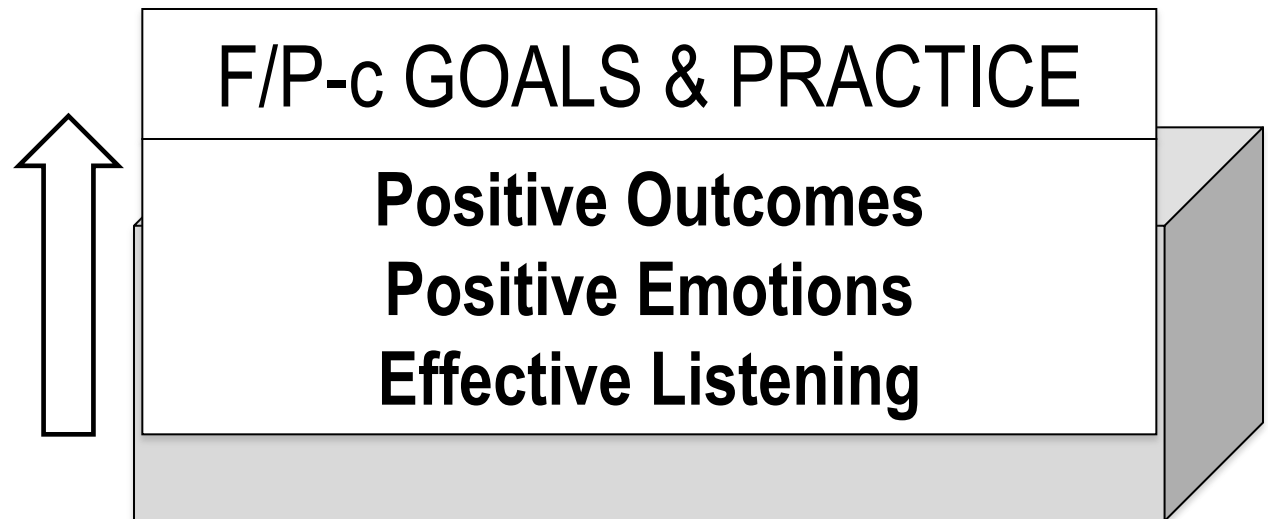


- **Effective listening** is a significant element of occupational assessment that produces F/P-cG & P. Occupational Therapists should never underestimate the power of **effective listening**.

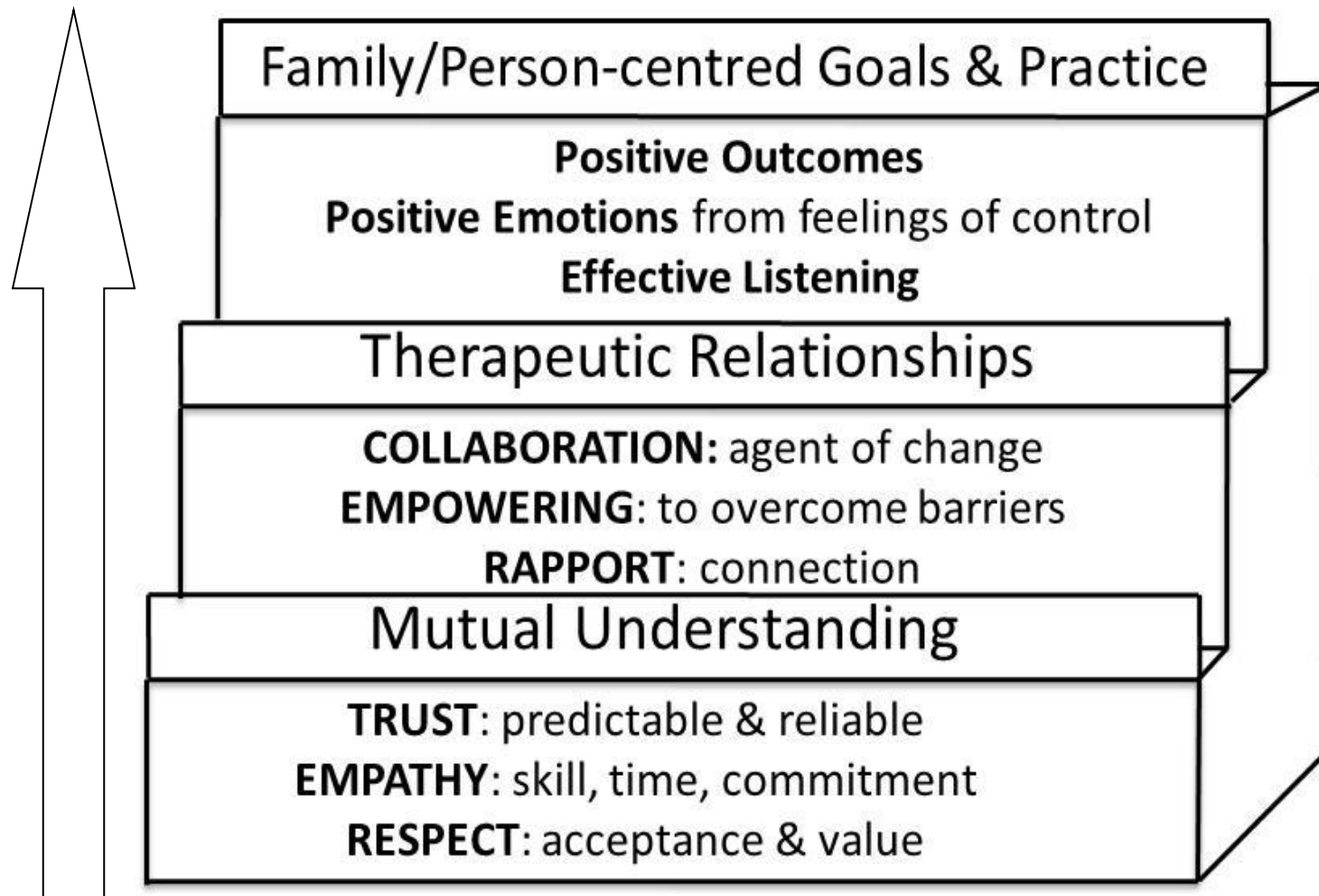
The final step:

F/P-c GOALS & PRACTICE

- The characteristics of the final step along with effective listening include:
- **Positive emotions** for all involved in the practice process, but for the Family/person produce **feelings of control** and thus **positive outcomes**.



This model of F/P-cP is essential in the OT Practice Process



A discussion of this model can be found in chapter 2 of the following book. The model is on page 18.

O'Toole, G. (2012). *Communication: Core interpersonal skills for health professionals. (2nd ed.)*. Sydney, Australia: Elsevier.